

FOOD & DRINK

THE ARIZONA REPUBLIC STYLE.AZCENTRAL.COM



Use your bean to make tasty, healthful salads

This series will help you beat the heat this summer with fresh, appetizing main-dish and side salads.

Today

Bean salads: Add nutrition with black, cannellini or garbanzo beans.

June 11

Power salads: Ingredients that feed your brain, boost your health and fuel your day.

June 18

Can-do salads: Innovative ways to use canned tuna and salmon.

June 25

Global salads: Easy ways to incorporate international flavors — Mexican, Italian and Thai.

Find recipes for sophisticated entree salads from bagged greens, homemade vinaigrette and more at food.azcentral.com.

By Karen Fernau
THE ARIZONA REPUBLIC

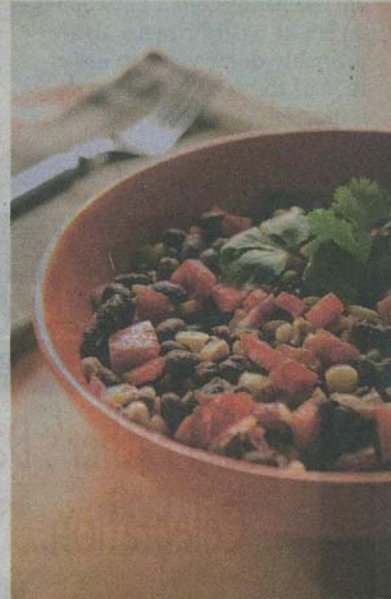
At first glance, little about cold beans is appetizing.

But when tossed with contrasting flavors, colors and textures, beans turn into impressive salads that are easy to make, cheap and filling. Serve as a side dish or as a light vegetarian dinner at the end of a hot day.

From a salad of black beans, corn and tomatoes to one of white beans and spinach, these fiber-filled dishes are loaded with slow-burning carbohydrates. And beans are packed with protein.

"Bean salads are a great staple for summer, and people are beginning to realize their full potential. They can go from Mediterranean to Latin with just a few changes in spices and ingredients," said Andrew Schloss, a Philadelphia-based chef, cookbook author and spokesperson for the Canned Food Alliance.

At Bombay Spice in Phoenix, a garbanzo-bean salad is one of the eatery's top-selling items. Chef Sunil Kumar, who created the dish as a "fresh, vegetarian and multi-



MICHAEL MCNAMARA/THE ARIZONA REPUBLIC
Beans, rich in taste and nutrition, make a perfect ingredient for all kinds of summer salads. Tips and recipes, **FD6**.

national" dish, said customers are eager for dishes that combine the nutritional punch of beans with ethnic flavors.

Today's generous selection of beans, including pinto, red kidney, black and garbanzo, make it easy to mix and match for an endless variety of salads. There's no shortage of recipes, but all you really need are a pinch of creativity and a few common ingredients, such

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Chickpea "ceviche" at Bombay Spice Grill in Phoenix features beans, onions, cucumbers and tomatoes in a tamarind, mint and yogurt sauce.

JILL RICHARDS/THE ARIZONA REPUBLIC

It's good to know beans about salads

BEANS

Continued from FDI

as diced jalapeños, canned artichokes, roasted red peppers, nuts, fresh herbs, cucumbers, tomatoes, canned tuna, olives and salty cheeses such as goat or Parmesan.

Beans are creamy, so pairing them with contrasting textures is imperative. Last night's leftovers, from grilled chicken to roasted corn to flank steak, or canned fish such as tuna, can create textural interest.

Traditional bean salads are dressed with tangy vinaigrettes. Other dressings work as well, but must be thin enough to avoid sticking in globs to the beans. For the best taste, dress salads a few hours before serving to allow flavors to meld.

Serve cold or at room temperature.

Bean salads can be prepared from scratch with dried or canned beans. Most

How to prepare dried beans

Dried beans cost less and taste better than canned, but they take more time to prepare. Here are tips for turning dried or canned beans into healthful salads:

- Wash and pick over beans to remove small stones and other foreign matter.
- Soaking beans for at least eight hours, or overnight, in cold water makes them less likely to produce gas.
- If you're short on time, cover beans with cold water, bring to a boil and simmer for two minutes. Remove from heat and allow them to sit, covered, for one hour.
- Discard soaking water, which contains the starches that cause gas.
- To test for doneness, taste a few beans. They should be tender, not mushy.
- Dried beans can be stored in a tightly sealed container in a cool, dry area. Beans kept longer than 12 months lose moisture and may require longer cooking. Age never diminishes nutrient value.
- Canned beans may be stored up to 12 months.
- Cooked beans may be refrigerated for up to five days and frozen for up to six months.
- One cup of dried beans equals 3 cups of cooked beans.

For the best texture, rinse canned beans well and air-dry them before mixing into the recipe.

fresh summer fruit for dessert.

Reach the reporter at

Types of beans

- Cannellini: These white Italian kidney beans have a mild flavor and tender texture.
- Black: This medium-size, black-skinned oval bean, also called turtle bean, is a favorite in Caribbean- and Mexican-inspired salads.
- Garbanzo: Also called chickpea, this round, medium-size beige bean has a nutty flavor and firm texture. It's a natural for Middle Eastern salads.
- Anasazi: Cultivated by early Native Americans, this bean is light brown with brownish-purple markings. Pairs well with other native ingredients, such as corn, chiles and squash.
- Pinto: Pinto beans are a variety of kidney bean. They have a hearty flavor and work best in Mexican-flavored salads.
- Red kidney: Rich, dark and plump, these beans hold their own against other bold flavors.

Chickpea "Ceviche"

From Bombay Spice

2 tablespoons plain non-fat yogurt
2 tablespoons tamarind sauce (find it with the Thai cooking ingredients)
2 teaspoons finely minced fresh mint
1 pinch each ground cardamom, cinnamon, clove, coriander
 $\frac{3}{4}$ cup canned chickpeas, drained and rinsed
4 tablespoons diced tomatoes
4 tablespoons diced cucumber
4 tablespoons diced red onion
1 sprig cilantro, chopped

Combine yogurt, tamarind, mint, cardamom, cinnamon, clove and coriander in a large mixing bowl. Stir until blended. Add chickpeas, tomato, cucumber and onion. Mix well. Garnish with cilantro and serve immediately.

Makes 4 servings.

Approximate values per serving: 106 calories, 1 g fat, trace saturated fat, trace cholesterol, 23 g carbohydrates, 3 g protein, 143 mg sodium, 3 g fiber, 8 percent of calories from fat.